



Happy New Year Best wishes for a joyous and safe holiday

Looking back: Albany history is the subject of local book • Page 8



Serving Albany - El Cerrito - Kensington - Thousand Oaks

ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, DECEMBER 28, 1983

# Kensington plans its first beautification project

Hillside community wants to clean itself up

new term," she said.

"Kensington is already beautiful," she explained. "It is just cruddy, but I don't like that term either."

Barnwell and club president Lawrence Thorpe are reluctant to discuss specifies of the plan, saying the proposal is still in the drafting stage. But Barnwell said, "The real people we want to reach are the ones who couldn't

## layors are rate over transit

By JON BASHOR

# Hostage laundry is freed



How many PG&E workers does it take to screw in a light bulb?

# The club forgot to erect Creche

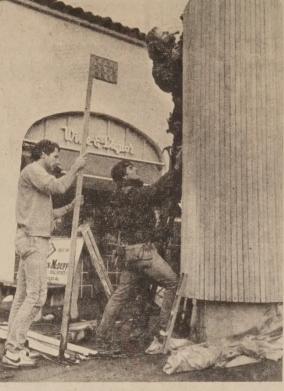
'Tis the season:

# Hangover care



# RUSD considers experimental year-round campus





Times Journal photo by Karen Preuss

Residents also will be urged to clean gutters, si-dewalks, culverts and paths next to their property. Barnwell said the club also would try to convine pri-

vate citizens to pick up the public's litter.

"We will be trying to make people aware of the lack of (Contra Costa) county help and we want to get merchants to cooperate." Barnwell said, "We want to get private citizens to pick up litter in public places."

## Roberta Alexander

## This is the year that is

always thought it made sense to have the New Year start in September. That's when you went back to school, in a new grade, in a new room, with clean new

and life moved on — but the whole business was all academic anyway.

New Year's resolutions rarely turn out to be worth the paper they are written on. Making promises for future behavior.— I will clean up my desk every week, I will not yell at the children, I will not buy rocky road ice cream — have precious little effect on my behavior, and I am likely to violate every one within two days. Writing resolutions is a way to remind ourselves about changes that we would like to make in our behavior, but self-critical types like me don't need a whole lot of encouragement in this area.

In fact, I am much more likely to modify my behavior if I choose one thing that really matters to me and approach it in a non-punitive manner. If I gave myself rewards for desk-cleaning and allowed myself to enjoy the pleasure of a clean desk, I could probably learn to keep the damned thing tidy. I mean, I have learned more difficult hings. I guess I don't care about it enough, and I am certainly making no promises that 1984 will be any neater than 1983.

Nor do I understand the appeal of New Year's Evergitic for the desire of the course of t

than 1983.

Nor do I understand the appeal of New Year's Eve parties. Go out to some giant affair where the noise level approaches close-order dentistry and watch people drink themselves into a stupor? No thanks. Fortunately for me, I am a naturally bubbly sort, and on New Year's Eve, I prefer the same kind of social life I want the rest of the year,

### TRANSIT-

members from business, labor and residential development and at-large interests.

"This group might be politically oriented," warns Koepke. "We want to see each section of the county represented equally, with no one group dominating."

### HANGOVER-

general feeling that death would be preferable is the "hair of the dog that bit you" — more alcohol.

One drink often mentioned often by the hair-of-the-dog school was Fernet Branca, an Italian conconction that must be good for you because it tastes so bad.

Fernet Branca is a 78-proof bitter, black medicine. The label reads, "One teaspoon at noon and before every meal. Pregnant women and nursing mothers should consult a physician before using."

Sam Deshmukh, who's been tending bar for more than 10 years at the Albany Viking, recommends Fernet with a squeeze of lime. "Take two of those and you're ready to drink again," he said. "You don't taste it, you gulp it down."

Jerry Johnson, 49, a five-year veteran partender at the M & L Tavern

(Continued from Page 1) ment, and the city paid for the light-ng. Two years ago, the City Council realized that using city funds for a eligious celebration appeared to vio-

CRECHE-

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nere's a good reason for is. Farmers knows that ese drivers tend to be fer and more careful or

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MARTY"
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in Albany agreed. "Fernet works if you can keep it down. When I was a kid they gave it to me for an upset stomach." Fernet can help, but sleep is best, he said.

At the Mel-O-Dee in El Cerrito Plaza, bartender Ken DeMartini vas ready with a list of remedies. "The night before you get drunk, pop a beer, leave it in the refrigerator and leq it go flat overnight. Downing that in the morning fights the body's dehydration, he said. DeMartini also recommends gin fizzes made with eggs, and the ever-popular and surreure— sleep.

He added tips for the night before. "Take a lot of vitamin C and B12, and drink a little olive o'ip beforehand, to coat your stomach."

DeMartini will remain sober the evening of Dec. 31. "I leave the New Year's drinking for the amateurs," he said.

### Huffing and puffing? class will aid quitters

will add Quitters
The American Lung Association of Alameda County
will offfer a smoking cessation program beginning Monday, Jan. 9.

After an orientation session at the first meeting, the
program will meet regularly on Monday and Wednesday
evenings through Feb. 13. Cost is \$35.

Sessions will meet from 5:30-7 p.m. at the Alameda
Co'anty Lung Association office, 295-27th St. (between
Blandway and Harrison streets) in Oaklet d.

The program will use a group approach for support to
help the smoker kick the habit, helping the smoker to understand why he or she smokes and to develop new habit
patterns.

Further information may be obtained by calling the
American Lung Association at 893-5474.

# California detective

novels to be studied

A course in the California mystery novel will be taught in Berkeley starting Tuesday, Jan. 3.

Northern California with an emphasis on the Bay Area will be the focus of the first 11 week session. Southern California, with an emphasis on Los Angeles, will be the focus of the second session, which will begin March 27.

Each session will consist of a discussion of one or more detective novels in terms of plot, motivation, characterization, and setting. Classes will be supplemented by walking tours, lectures, and films.

Pre-registration is required. For more information, call Janet A. Rudolph at 548-5799.

# Children's classes offered in the arts

select a painting class on Saturday's taught ya Cohen.

Linda Glaser will be teach ceramics for grade! He a more advanced class which includes the use diy ter's wheel for children grades 5-9. New this winn wheel throwing class for teenagers.

Creative Movement is a new class. Using guide agery, Delores Helman will help children relate his bodies by stretching, moving, and creating pures space. In the parent child workshop, preschod this and parents will make art together.

Classes are offered in well equipped studios and reasonably priced. Registration begins Jan. 2.

For further information and registration all Education Department of the Richmond Art Cent 231-2163.

### Bar group offers free divorce advice

Persons who want a divorce but are unable to lawyer may find help from the newly established Law Clinic.

The clinic provides free information to qualife dents of north Alameda County.

The Alameda County Bar Association spoms Clinic, in conjunction with the Legal Aid Society meda County, Judicare, the East Bay Association Assistants.

meda County, Judicare, the East Bay Associational Assistants.

Each Monday, volunteer attorneys and push show qualified participants how to complete and is vorce forms with the court. The lawyers provide that that participants can file for a divorce on their on.

The clinic is for low income people who have their spouses will not object to the terms of the divincolving child cutody, support payments and disast property.

Participants must know the location of their spouses and must have lived in California for six months. Alameda County for three months.

Interested people should call Mari Symon alide. Alameda County for three months.

Interested people should call Mari Symon alide. 482-2010, Monday through Thursday. For more similar to the control of the county for three months.

County Bar Association, 893-1031.

## YEAR ROUND—

Science

films set

The Lawrence Hall of Science Film Series for Jan. 7, 8, 14 and 15 will be shown at 11 a.m. and 2 p.m.: Defenders of the Sea and The Whales That Wouldn't Die.

Young children's films, shown at 10:30 a.m. and 1:30 p.m., are I know An Old Lady, Tikki Tikki Tembo, and Dolphins.

(Continued from Page 1)

would have to apply; students who would improve the racial balance at the school would also have preference; others would be admitted on a first-come, first-served basis.

Year-round schools have been created in some districts to relieve overcrowding, but they have also been found to raise test scores, some say, because students do not lose ground during the long summer break.



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Library how

# late the law, and the Nativity scene was sold to the Lions Club for the token sum of \$1. "Somebody at City Hall got smart," said attorney Kruse. Since the Lions took over, the display has been set up by Lions volunteers, and the service club foots the bill for the lighting. "We pay for the whole schmear," Gregsby said. The display continues to be stored in the city's Community Center building, however. Although recent court decisions have confirmed that religious displays cannot be funded with taxpayers' money, not everyone agrees that should be the case. When Gwen Beltz, a longtime Albany resident, discovered that the Nativity scene hadn't been erected, she assumed it was because of a legal snarl. She called City Hall to complain about the absence of the traditional Christmas scene. "All of a sudden we have to separate church and state, which to me is disgusting," she said. entures

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### THE QUAKER PATH

"A CALL TO SERVE THE LORD" Jan. 12 & 13, 8:00 p.m.

**Berkeley Friends Church** 524-4112

The Quaker Message for These Times

# Government

# leeping the lid on crime

By JIM GRODNIK

CERRITO — A sign on the door of the El Cerrito police station reads, "Hours 8-5. Closed Sundays

mid holidays."

al's the legacy of Proposition 13, but according to harrick Reeve, 51, the department is running better an it was before the budget cuts. Though the station is closed to the public in off that doesn't mean the police are unavailable. It means that calls asking for police help, once taken the clock at the El Cerrito station, are now handartinez, the county seat. The seeding help, a call to 911 does the job. The hing of El Cerrito and Kensington police and fire now the county's job.

### We eliminate people who are overly aggressive or who lack sensitivity,' the chief says

ronically, the quality of dispatching has gone up,"

Reeve.

in addition, the El Cerrito jail, once used to house
ares until trial, now serves only to hold prisoners
ight. Those awaiting sentence are sent to the county

we, who took over as chief three years ago, said teeing police officers from tending the jail, and casionally helping with dispatching, the force is iscient than ever. The city has saved \$60,000 a year cutbacks, and according to Reeve, it hasn't efequality of services. we, who joined the force 30 years ago after gradrom the University of San Francisco, said the des itself on being responsive to the city. "Or detis very service- oriented, very community" he said.

y complaint is checked out. Reeve said if community to the community of the complaint is checked out. Reeve said if community to the community of the complaint is checked out. Reeve said if community to the complaint is checked out. Reeve said if community to the complaint is checked out. Reeve said if community to the community to the

bery complaint is checked out. Reeve said if so-complains that an officer was unsympathetic or in a the department checks it out, and reports back to

But maintaining community relations isn't always

"In today's environment a police officer spends time ending himself in the community," Reeve said. "If an

officer has occasion to use any force at all we can expect to be sued."

There's a low turnover in the department, but when there are vacancies, Lt. William Edmunds goes on scouting expeditions to community colleges where there are police academies. Recruits must pass psychological tests. "We eliminate people who are overly aggresive, or who lack sensitivity to certain (racial or political) groups," Reeve said. He said the most recent man hired, Michael Marchiano, is a former high school teacher who is skilled in dealing with young people.

Reeve said now that he is chief, he misses some of the action of police work, but that loss is somewhat assuaged by the chief's salary of \$3,412 monthly.

According to Reeve, the salary range for El Cerrito's 35 sworn officers is average for the East Bay. Patrol officers' salaries begin at \$1619 a month and increase to \$1951 a month after three years.

Now that he's an administrator, Reeve said he misses personal contact with people. "I liked working with kids and I was always empathetic with older people," he said.

"When an old bum would come through town we'd."

personal contact with people. "I liked working with kids and I was always empathetic with older people," he said.

"When an old bum would come through town we'd buy him a meal and give him a clean room in the jail.

"We used to get a lot more bums come through here," he said almost wistfully.

Reeve also the enjoyed the thrill of an arrest. "There was a satisfaction out of bringing somewone to justice who'd done something miserable."

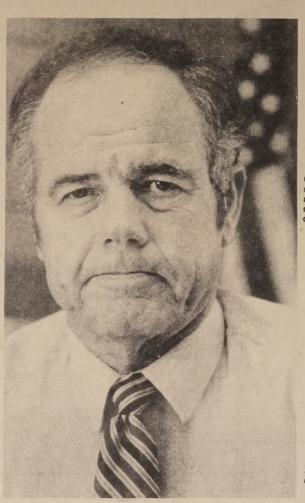
Although the dispatching operation may be gone, the station is in the process of setting up an emergency operations center that can used as a headquarters in case of a disaster, such as an earthquake.

It's still in the planning stage. The large room that will house the center has gaping plaster in the wall where a bank of phones has yet to be installed. The carpenters working on the job were laid off last year.

Part of the financing for the center came from the city's version of beating swords into plowshares. A Thompson submachine gun that belonged to the department was sold to a collector for \$1,700. According to Reeve, "We haven't got much use for a machine gun."

Alert neighbors who watch one another's homes are a better weapon than a machine gun in combating El Cerrito's number one crime — residential burglary. There are between 30 and 40 a month. Community relations officers Edmunds and Dan Bell are assigned the job of talking to organizations of neighbors and seniors to increase awarness of the problem.

Second on the list of local crime is armed robberty. During the holidays both burglaries and robberies increase, and there have been more of both crimes this year than last.



Chief Patrick Reeve says that he heads a very community - oriented department

Times Journal photo by Karen Preuss

# Writer's corner

# Correspondence: the write way to live

### He unites readers

By CHARLES PELTON

By CHARLES PELTON

BANY — When Stephen T. Sikora was an infantry segeant in Vietnam he began to keep copies of the letters he wrote home:
Il became a kind of necessity, a need to communisation that it is a side to the mental side that it is desirable that it is a side to the mental side next 15 years writing letters became a passion for year-old Ukiah native.

Town Sikora is about to publish the third issue of The mental side of the s

others.

The whole operation is directed from the cluttered ment of Sikora's Albany home. Across the room from abby hole jammed with six wood planes sits a drill S. On another shelf stand "Pride and Prejudice," a primer and "The Rise of the Novel." An unfinished

primer and "The Rise of the Novel." An unfinished thes in the Remington. The idea for the Readers' League came from Dora et. Sikora's wife's 95-year-old grandmother. Mayer trying to correspond with Fritjof Capra, the Universificationia professor who wrote "The Tao of Physics" this book. He never responded. According to Sikora, Capra was receiving five letters 9. "There's no way for these writers to respond to readers adequately," Sikora said. So, even though he had not read the book himself, and decided to coordinate a two-page newsletter listing the who wanted to write to anyone else about "The of Physics."

lof Physics."
The newsletter became the prototype for "The Catale of Correspondence." Last December Sikora produce the first catalog, an eight-page booklet with only listings. The June 1983 issue grew to 20 listings.
Sikora, a local resident for eight years, produces the log with the help of his wife, Kathleen, a lawyer for the Costa County. "My wife doesn't like to write let"the says, "she does it all day."

The says, "she does it all day."

Letter writers can advertise for partners in any field of fest. One woman, for instance, wants to exchange letabout dissident Soviet writers. Another, whose son in Vietnam, is seeking correspondents who have extend similar tragedies.

One Oregon man, Sikora said, was so enthralled by man Hesse? "Magister Ludi: The Glass Bead Game" levised a board game based on the book. Now he wants ind others with whom to talk about his game and the k.

unusual hand made gifts



Stephen Sikora devotes himself to the art of part because he is concerned about a decline in literacy

says.

Readers have an urge to participate, to be actively involved, he believes. Letter writing provides "a greater sense of participation."

The Readers' League was created to find the letter writer. "They're there," Sikora says, "but they're hiding." People cannot think adequately without someone "to bounce off' their ideas, he said; letters provide that. Sikora, who writes between one and four letters daily, differentiates between The Readers' League's purpose and the more well-known form of organized correspondence, penpals. He says the former emphasizes the pursuit

of ideas while the latter highlights the personal.

"But a personal connection often develops between the reader and the writer," he says.

He has no plans to replace his typewriter with a word processor. Sikora shrugged and said there are some purists who believe only in handwriting their correspondence.

For more information about the Reader's League, contact Stephen Sikora at P.O. Box 6218, Albany, 94706 or call 526-7412.



WINTER ENROLLMENT NOW IN PROGRESS.

# Dead climber is honored in

local service
By JON BASHOR

L CERRITO — A local woman's love of the Himalayas was discussed last week as mourners gathered in her memory and listened to readings from her letters describing life in Nepal.
Cynthia Ann Coleman, 36, first left El Cerrito for Nepal four years ago. She was struck and killed by falling rocks while climbing on a glacier in her beloved mountains earlier this month.
Last Thursday night more than 200 friends and acquaintances braved the chill and rain to pay their final respects in a memorial service at St. John The Baptist Church.
A longtime local resident who led others on Him

quantances orace the chili and rain to pay their mai respects in a memorial service at St. John The Baptist Church.

A longtime local resident who led others on Himalayan treks since her personal discovery of Nepal, Coleman had been due to begin her return from Katmandu Dec. 22.

But on Dec. 12, she was struck by falling rock while crossing a glacier below the Tashi Lapcha Pass. She died before her guides could summon help.

Her body was buried in the Himalayan Mountains she lowed. Her family shared some of their letters, read by Sister Margherite.

"In the spring of 1979 I made my first trip to Nepal," read a letter Coleman wrote to potential trekkers. "Dazzled by the mountains and thoroughly enamored of the people and culture, I left without regret. Nepal is an addictive experience; I knew I would soon return with a commitment to live with and learn from these people."

In 1980, she wrote to her family from Katmandu, Nepal, that monkeys had ransacked her kitchen and left banana peels and mango pieces in their wake. Coleman boasts of her prowess at thwarting the "big and pugnacious" animals with sticks and stones.

"Since Buddhists don't kill, the monkeys know they're safe," she wrote. "Since I'm not a Buddhist I bet the neighborhood wouldn't mind if I showed up with a shotgun."

The congregation laughed at the thought.

Later she wrote of old traditions and a new language.

guage.
"Dherai danyabhat (that is, many thanks) for the
Christmas money," wrote Coleman in 1982. "At this point
my Nepali has vastly improved and I'm on the brink of
feeling comfortable in this language.
"Meanwhile, my English vocabulary has bitten the

dust."

After the service, Sister Margherite recalled Coleman as one of her sixth-graders at St. John's School.

"She was very full of life and sensitive to the beauty around her," she said. "And she could describe it. Her 6th

(Continued on Page 4)



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FOOD FOR ART — Kensington architect Sewall Smith has a one-man-show at the So-lano Cafe and Delicatessen, 1007 Solano

### MEMORIAL-

(Continued from Page 3)

Father Tom O'Shea officiated the service and held Holy Communion for the congregation. The sanctuary of St. John's Church was darkened when Mass began. As mourners lit candles, the warm flames lifted the gloom. Prayers were said, including one "for the Sherpa guides who did everything humanly possible to help her."

The tragedy struck as Coleman and two Sherpa guides were crossing a glacier to conquer a 16,000 foot pass in the Rolwaling Himal region. After Coleman was felled by falling rock, one Sherpa made an eight-day journey in three days, said her father, Lawrence Coleman. Though Dr. David Petersen raced from his clinic in Katmandu to the accident scene in a helicopter, Coleman was dead when he arrived.

Afterwards, friends and relatives consoled, reminisced, hugged and listened to "Silent Night" before returning to the cold drizzle outside.

### A teddy bear gift

EL CERRITO — Teddy bears have a universal appeal to all age groups and that includes the Carlson Convascent Hospital whose 42 patients each received a Todd ... Bear in their Christmas stockings this year from Eurito Soroptimist Club.

The club adopted the convalescent hospital located on carlson Boulevard as a special project four years ago, dembers have made tray favors for patients on holidays in the lookout for other ideas to brighten the lives of the payalescents.

Christmas

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# Sports

# Gauchos drop close one

By CONRAD STRASHEIM

LCERRITO — Judging by the way El Cerrito celebrated a follow shot by Calvin Andrews that pulled the Gauchos to within a point of Skyline last Wednesday night, at 64-63 with just 0:14 left in the game, a close loss to the talented Titans would be appreciated. After all, E.C. outscored Skyline 25-22 in the fourth quarter, with most of those points produced on a comeback that wiped out a nine-point deficit of 61-52 in the waning moments.

But the Gauchos weren't satisfied by their 12-5 run that brought victory within reach. They were expecting a win when Brian Nichols stopped the clock at 0:13 with a timeout call he started while Andrews was still returning his offensive rebound.

Never mind that only 13 seconds remained and it was

win when Brian Nichols stopped the clock at 0.12 shall timeout call he started while Andrews was still returning his offensive rebound.

Never mind that only 13 seconds remained and it was Skyline's ball to inbound. The Gauchos sensed they had taken control and were confident of completing the comeback successfully. So the 66-64 loss that followed was no more acceptable than any other defeat.

It left them feeling like a fisherman who couldn't land what he had hooked, after working it close enough to see clearly. "We had the momentum and we should have pulled it off," said Andrews.

"I'm disappointed in all the turnovers and that we had things going our way but couldn't hold on," said coach Jim Pappakostas.

"If we're good enough to lose by a point, we're good enough to win by one," he added, making yet another important point.

Instead of accepting a moral victory for taking the 8-3 Titans down to the final buzzer, the Gauchos were lamenting the win that got away from them.

All five of last night's starters played big roles in last year's runnerup finish to Bishop O'Dowd at the Oakland Coliseum Arena in the North Coast Section championship tournamient and are looking for comparable success in defense of the RBAL title this season.

"We know we can play with anybody," said Nichols.

"We want to play everybody the same," explained Pappakostas.
"Sure, Skyline is talented. Their big kid (George

lead.
Four Gauchos scored in double figures, with Billy Gooden and Tony Hollins counting 12 points apiece and Nichols matching the 13 by Williams. Andrews finished with nine points.
El Cerrito led 29-26 at halftime but was outscored 18-10 in the third quarter. "They didn't give up until the end and looked a little stronger than the other teams in that league we've seen," said Skyline coach Ron Malone.

### Hello, 1984

Halfway through my rookie year
Let me pause to spread some cheer
To the fine and sundry folks
Of Albany and Thousand Oaks.

Let's hear it for EC's new mayor
No headaches, so he won't need Baye
To Howard Abelson in '84:
Best of luck minding the store,

Environmentalists aren't dreary
If you need proof, check out Jean Sin
And three new leaders in the makin'
I give you Lewis, Howe and Bacon.

To Mayor Ganong and Henry Kruse An Albany with no pension blues. Ed McManus, Robert Nicols Stay clear of those budget pickles.

William Johns is on the ball
But don't get cross with old Red Call
And this won't come as any shocker.
Great pies come from Carol Walker.

Wisdom comes in monthly kernels
In columns found in your Times Jo
Check it out, there's no prose gran
Than by editor Roberta Alexander

fay football fortunes bring a smile-o To the Gauchos' coach Frank Milo. And many more wins than losses To roundball coach Jim Pappakosta

Cougars win and cheers go rah rah For Albany's coach Doug Kagawa. For Kevin McKenna, football coach A defensive line beyond reproach.

That's this year's list - my little sonnet
All the best to those not on it.
Hope you liked my little odd-nik
Happy New Year from Jim Grodni

### Albany downs Salesian High

By JIM PIMENTEL

alesian dropped a 48-36 decision to Albany on its home floor in Richmond last Wednesday evening and watched its record fall to 2-7 on the season as any of the players blamed the loss on a lack of intention

sity.

Albany raised its record to the .500 mark at 5-5.

"We played bad all the way around," said junior forward Andre Harris. "We lack discipline and the intensity isn't there. We need to work harder in practice, pay attention to the coach and just come prepared."

Salesian coach Chris Huber was disappointed because he felt that his team had been playing well at the start of the year.

the year.
"We played well against Mission, Kennedy, Mira

### E.C. gymnast to Hawaii

CWSCWSCWS CWS CWS CWS CWS CWS CSW CWS C

El Cerrito's Doreen hew has made the travel-ng team for the Cal Gymnastic Festival in Ho-

### Refugees need clothes

The International Insti-ute of East Bay, a United Way Agency, is seeking do-nations of clean, used clothing for clients and new arrivals.

ciothing for clients and new arrivals.

Especially needed at this time are clothes and shoes for children and babies as well as for teenage boys and girls. Simple household items such as pots, pans, flatware, towels and bedding are also very much needed.

monte and the three (tournament games) in Arcata," he said. "We can't take anyone lightly with a 2-7 record."

The Chiefs held the Albany Cougars to a nine-point first quarter, but managed to score just six themselves as Albany led all the way.

Albany began to stretch its lead in the second quarter as Cary Wilson and Kevin Tanahill combined for 13 of Albany's 14 points as the Cougars led 23-13 at halftime.

Albany attempted to slow the game down in the second half as it switched to a four-corner offense, but Harris, John McGrath and Willis Hargrove were able to turn a number of steals into Chieftain points. But the Chiefs still trailed 28-20 heading into the final quarter.

They failed to get any closer, thanks to Albany's Art ins who poured in 14 of the Cougars' 20 points in the

Collins who poured in 14 of the Cougars' 20 points in the quarter.

"They got the ball to me a little more inside," explained Collins. "I like to power up."

Collins finished the game with 16 points while Wilson added 12 for the Cougars. The Chiefs were paced by Darryl Peeler with 12 and Harris with 10.

Fouls hurt Salesian as Albany was able to hit on 22 of 29 free throws while the Chiefs made just four of five from the line. Salesian was whistled for 25 fouls during the game as Harris and Peeler both fouled out for the home team.

### Mail bag

# A domestic argument

am writing this letter regarding December 14th issue of the police beat. I am the victim of the incident and I would like to give some facts of the story.

My boyfriend Rodney K. Windsor and I were arguing in a laundromat. A lady walked over towards us and grabbed my boyfriend and told him to leave me alone. He told her to mind her own business.

She called the police on us. When the police arrived, they threw both my boyfriend and a close friend against the wall. One of the officers recognized my boyfriend and told the other officer he'll take care of him since he knew Rodney. He threatened to break his arm. Thank you for letting me give my side of the story. letting me give my side of the story.

Editor's note: Albany Police Lt. Jerry Martin declined t comment on the allegations in reader Rodriguez's lett because of pending court action. Windsor is scheduled! be arraigned Dec. 30 on one count of battery of the oth

### Misses the creche

(Editor's note: See story, p. 1)

### Annual heart ru slated for Feb. 1

The ninth annual Valentine Day Run is self aday, Feb. 12. The midwinter 5 and 10 kilometer begin at 10 a.m. in Oakland's Lakeside Park.
All entrants receive Valentine t-shirts. Topolic be awarded to the top three men and women arace.

\$10 and \$8.

For registration forms, call 632-9606 or spinentine Day Run, P.O. Box 5157, Oakland, Ch. All proceeds benefit research and commy grams of the American Heart Association, Itis more than 200 volunteers, many of them for surgery patients and members of Mended Her For more information, entrants should of American Heart Association, P.O. Box 5157, 94605, or call 632-9606.



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# imes Journal / features

# New Year's: time to look forward and backwards



towns and villages and ultimately buried, drowned oburned.

On the Isle of Guernsey, the "fag-end of the year," dummy, is paraded through the parishes and buried on the

The old year must be disposed of properly so it doesn't haunt anyone in the new year

Moira Anderson is a formet Albany resident wherites frequently about folklore.

### The cook's libra

# Some appetizing treats

eir small spiral-bound booklet (only \$2.50), nbled in bright colored pictures with precise ctions a collection of 13 tasty treats rightly feet. Appetizer." we an ethnic flavor, diverse textures, color, and range in preparation times from "broil make and freeze." Fiesta Fritters feature d Mexico in a hot, spicy puff of Monterey d corn.

### Ceviche Pescador

2 T olive oil
1 1/2 T. chopped fresh cilantro
2 t. chopped fresh oregano or 1/4 t. dried, crumbled
1-2 t. chopped, seeded, fresh hot green chili pepper
1/2 t. minced garlic
1/2 t. salt (or more)
1/3 t. freshly ground black pepper
2 ripe medium avocados
1 c. diced, seeded, peeled fresh tomato
Boston lettuce leaves

in't put this marvelous little booklet in in out and get your own and get ready to New Year.

5. To serve, line individual serving plates with Boston lettuce and place scallop mixture onto lettuce (about 1/2 c. serving).

### Plan new garden for the new year

There's no time like the present to give your garden a new look. You can plan for color, replace foundation shrubs, plant fruit trees, give the garden a color boost for the winter months and more.

The foundation planting — that strip of plant material which ties your home to your garden — is one of the most likely candidates for improvement. Many foundation plantings are overgrown, shapeless masses of greenery.

When moving into a new home, many people view them as part of the house and live with them whether they like them or not. Foundation plants should suggest an easy transition from the abrupt lines of the home's architecture to the contours of your landscape.

When these shrubs are overgrown, it's time to uproot the old and plant new ones in their place. Some can be saved by pruning, though. This is the same with your trees.

# Cantu can't do two jobs

By CATHERINE SCHUTZ

ould resign in a letter to Mayor Tom of the year, but would make the de-Dec. 7, the day he took his seat on d school board. a already filed applications for ap-seat

applications on file in the City Clerk's office from previous vacancies.

The recent applicants are:

• John Marquez, a 30th Street resident employed as a deputy labor commissioner for the state Department of Industrial Relations. Marquez was formerly on the city's Human Relations staff.

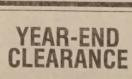
• Tony Martarella, of 36th Street, a structural designer for Chevron USA. Martarella has run twice for City Council, narrowly missing getting a seat both times.

Other applications on file come from Darrell Bolognesi, George Egan, Louis Jackson, Madgie Turner, Ellie Strauss, James Campbell, Leo Egan, Myron King, Joseph Dagna III and Richard Griffin.

Cantu was appointed by Corcoran last May to fill out Louie Aiello's term that expires June 30, 1986.

Application forms are available in the City Clerk's office on the third floor of City Hall. Corcoran will make the appointment, but he did not say how quickly.

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# n the job

# Color her well-dressed

By ANITA AMIRREZVANI

L CERRITO — When Donna Fujii says you should look good all the time, she means it — down to the last detail.

■last detail.

"For instance," she says, "when I go to buy sheets towels, I think which colors will look good on my band and me."

Fujii, a personal color consultant, makes it her busis to help people dress better. Buying the right clothing, argues, saves money and build a person's self-confi-

dence."

"It makes me feel more professional to dress well," she says. "You can't go out into the world and play the part unless you really feel it from the inside. People don't give credit to the power of dress."

One thing people do care about is money. "If you find out that you're only wearing 50 percent of your clothes," Fujii says, "it's an expensive waste." She will "do your colors" for \$125 in a 90-minute session.

Clients arriving at Fujii's office in her Mira Vista Drive home are greeted by a dazzling collection of 800

### Wearing red is perhaps the easiest way to be noticed.

fabric swatches, color charts, a mirror and a make-up dis-

fabric swatches, color charts, a mirror and a make-up display.

"I drape them with a white bib," she says, "then I go through the color range. Most people tend to wear either cool or warm-tone colors. Others, who are in-between, I call lukewarms."

Warm-tone colors have reds, yellows or oranges inhem. Ted Koppel, anchorman of the Nightline show, is a warm-tone person.

"He's got the red high-lighting in his hair," says Fujii. "When he wears anything in warm camel tones or even the rust tones, he looks very healthy. Next time you see him in black, notice the difference."

Cool tones are touched with white, blues or greys. Wendy Tokuda, Channel 5 anchorwoman, is a cool-tone person.

person.

Fujii determines the best colors for a client by looking at skin tone, hair and eyes, "the three colors that nature gives you."

Next, she maps out eight categories of colors — her own inventions — and checks her client's makeup for

own inventions — and checks her client's makeup for compatability.
"Neutrals," for example, are for business wear and such basics as suits, coats and shoes. "Dramatics" come it handy when you want to be the center of attention; they're "clear and vivid and warm."
Wearing red is perhaps the easiest way to be noticed,

### County arts group offers project funds

The Alameda County Art Commission has funds through the voluntary tax contribution program for arts programs involving students.

Non-profit arts groups throughout the county are invited to apply for funding to support projects that meet one or more of the following criteria:

1) To provide students with insights and knowledge into the personal and professional development of artists;

2) To provide students with professional arts experience not currently available through school curriculum;

3) To offer students experiences reflecting a variety of ethnic and cultural backgrounds;

4) To provide students "hands-on" arts experiences; and

and
5) To offer the opportunity for arts organizations and individualsthroughout the county to work together with students in unique and interesting ways.

This is the second year for the voluntary tax contribution program grants. The program allows Alameda County residents to contribute to the well-being of arts programs in the county with contributions sent in with their property taxes.

At least 60 per cent of funds will be distributed to groups that have been funded by the county in the past three years, and up to 40 per cent of funds may go to groups that have never before been funded by the county ty.

Applications must be received by the Art Commission by 5 p.m. on Jan. 20. For application guidelines and more information, call Sue Ellen Heflin, program coordinator, Alameda County Art Commission, 399 Elmhurst, Hayward, 94544; 881-6451.

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ular 2 Day Weel

she said. Fast-tood restaurants are decorated in exciting reds and oranges so that customers won't linger. Stoplights and other warning signals are red. The Chinese wear red wedding gowns. Matadors wave red capes to attract bulls, even though bulls are probably color-blind.

"The color of the cape is used more to entice and arouse the emotions of the spectator," Fujii says.

These are some of her tips for looking good:

Buy classic designs.

Stick with solid-colored clothing that you can dress up with accessories.

Stick with solid-colored clothing that you can be up with accessories.
Spend more for quality items.
Choose colors that compliment you.
Fujii, a warm-tone person, wears a well-tailored purple blouse (not silk — "It's not practical"), a brick-colored skirt (5 years old but looks new), and a multi-colored scarf, knotted at the neck, to tie it all together.
'I don't consider myself a glamorous person," Fujii says. The personal qualities important to her business are "good grooming, wearing nice colors, learning the art of makeup, public speaking, being a good teacher, a strong background in art, and not being afraid of people saying no to you."

background in art, and not being afraid of people saying no to you."

When Fujii became a color consultant in 1978, there were no training schools for her profession. "I attended a lot of classes on anything related to the field."

Fujii was raised in San Francisco, and graduated with a degree in art from San Francisco, and graduated with a degree in art from San Francisco State University. She worked as a home economics teacher in Walmut Creek and as a private fashion designer. Now, she does color analysis for eight to 15 clients a week.

She also conducts seminars on color awareness for up to 200 people, trains future consultants, does individual wardrobe planning, even acts as a personal shopper (at \$50 an hour). "I put them in the dressing room and bring them the clothes," she says.

Income opportunities vary.

"I know a lot of consultants whose salary can be anywhere from \$25,000 to \$100,000. It just depends on how dymanic you are as a business person."

where from \$25,000 to \$100,000. It has depends on always dymanic you are as a business person."

Fujii, 33, gets clients of all ages. "My oldest client was 92 years. I was just amazed that she would still care. Some mothers send in their kids at age 5. On the average, clients are in their 30s and 40s. Many times, they're going through a transitional period in work or a change in relation-

Only 10 percent of them are men, probably, she says cause a lot of men give the responsibility of shopping

hear wives."
Half of her clients come from referrals, and half from audience at her presentations. "When you visually see eone who's had their colors done, and they look attive — it's a good selling point."

### Local students listed in honors publication

A total of 63 students from El Cerrito, Albany and ensington have been included in the 17th annual edition Who's Who Among American High School Students, 879-83

of Who's Who Among American Fig.

1982-83.
Students are selected by high school principals and guidance counselors, national youth groups, churches or by the publishing company based upon students' performance in scholarship award contests or extra-curricular activi-

The book sells for \$24.95. For students who have their icture included, the cost is \$28.95.

Who's Who students also compete for over \$50,000 in cholarship awards and participate in the publication's anual opinion poll of teen attitudes. The book is distributed in a complimentary basis to over 15,000 high schools, coleges, universities, and public libraries throughout the

leges, universities, and public libraries throughout the country.

El Cerrito students selected are: Alonzo Addison, Kim Asberry, Adelheid Certik, Steve Chen, Jody Cordova, Jiann Hao, Eileen Higuchi, Lydia Kim, Pamela Lawson and Rosa Chia-Hwai Li.

Also, Esperanza Martin, Jose Martin, Monia May, John McGrath, Timothy Miller, Lisa Montali, James Montgomery, Christopher Moorhead, Deborah Morgan and Beaudell-Murray.

Marydawn Nelson, Aloka Prahakar, Sulochana Raj, Kerry Sanderson, Jacqueline Selby, Joan Spanne, Stephen Wafer, Kimberly Walters, Frances Wang, Thomas White, Divina Williams, Kelli Williams and Suzanne Wong.

From Albany, Keith Beals, Hari Boukis, Paul Burleson, Brian Chamberlain, Howard Good, Debra Hein, MacDuff Hughes, Helen McGiffin, Maria Peyer, Guilan Sheykhzadeh and Wendy Wiley.

Kensington students are: Thomas Augst, Ruth Baptist, Grant Barrett, Douglas Betts, Rafael Brinne%, Alice Chuck, Charles Coolidge, and Jessica Guynn.

Also Kristin Jones, Victoria Littlejohn, Suan Lundin, Thomas Naparst, Mary Pugh, Eric Schlenker, John Somorjai, Carol Suzuki, Eric Thompson, Kanus Ulrichs and Marc Villa.

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=PRE-OPENING SPECIAL=



ALBANY
ontas: Ramona Council 206, Degree of Poca
t the second and fourth Monday of each monta
ny United Methodist Church, 980 Stannag

hontas meet the second and fourth Monday of each month at the Albany United Methodist Church, 980 Stannage Ave., at 8 p.m.

Workshop meets the second and fourth Tuesday of each month at 2927 Carlson Blvd., El Cerrito, from 10 a.m.-2 p.m., making craft articles.

Albany Lions Club meets every Thursday at El Cerrito Station at 6:45 p.m. For information, call 527-8298.

Albany Rotary: Albany Rotary Club meets Tuesday at 12:15 p.m. at Spenger's Fish Grotto in Berkeley. Dec. 27, Major George S. Prugh, USA ret., will discuss the Geneva Convention and the law of war.

Frosting Freaks: Frosting Freaks, a cake-decorating club meets in Albany the fourth Thursday of each month. For further information, call 234-9184.

Scandinavian Club: Framat Lodge, Vasa Order of America, meets once a month at the Albany Temple, 533 San Pablo Ave. Activities include dinners, cultural events, dances. For more information, call 323-6689.

American Legion: Albany Post 292 meets the first Friday of the month for dinner and the third Friday for a business meeting at the Veterans Memorial Building, 1325 Portland Ave.

American Legion Auxiliary: Albany Unit 292 meets

ness meeting at the Veterans Memorial Building, 1325 land Ave. American Legion Auxiliary: Albany Unit 292 meets the Veterans Memorial Building the second Monday of

n month at 8 p.m.

Golden Gate Lionesses: Albany Lionesses Club
tts the first and third Wednesday of the month at 7
i, at Kirby's in El Cerrito Plaza.

Soroptimists: Soroptimist International of Albany
tts Wednesdays at 12:15 p.m. at Kirby's in El Cerrito

Toastmistresses: The USDA Toastmistress Club eets the first and third Wednesday of each month from non to 1 p.m. at the Western Regional Research Laratory, 800 Buchanan St., Albany. For information call 16-3736.

\*\*Toastmasters: This organization of men and women who wish to improve their speaking, listening and leadership skills has five clubs in the Albany area. For information call Michael Jay at 848-5451.

\*\*Scrabble: Albany Scrabble Players Club No. 41 meets the second and fourth Sunday at 12:45 p.m.at 605 Carmel Ave. Call 526-8675 for reservations.

month membership

INCLUDES:

ooster bingo meets every aturday at Albany Middle chool, 1000 Jackson St. boors open at 5:30 p.m. dames start at 7.

EL CERRITO
TOPS: The El Cerrito TOPS (Take Off Por

232-2272.

Dancers: Learn to square dance with the Cuzzin Square dance Club of El Cerrito. Even at 7 p.m. at the Veteran's Memorial Hall, 601.

Ave. For information call 222-055 or 556-056.

Bridge: Free continuing bridge lessons of at Fairmount Recreation Center a 7 p.m. Degio follows. Duplicate games also on Tuesdays at Kiwanis: The Albany-El Cerrito Kiwan Tuesday at 7:30 a.m. at Carrow's Restaurant.

El Cerrito Rotary: El Cerrito Rotary met at 12:15 p.m. at Cerrito City Club, 1600 Kan El Cerrito Lions: The El Cerrito Lions Tuesday evenings at 6:30 p.m. at the Cerrit 1600 Kearney. The club collects old or unusud which it sends abroad. Drop off: Sunshine Clat

San Pablo Ave.
Salt Water Revival: The El Cerrito Salt

al Skin and Scuba Diving Club meets of day of the month at 8 p.m. at Harding 7115 C St. For information call \$25-629 Coin Club: The North Bay Coin clul Tuesday of each month at 7:30 p.m. at th club house, Tassajara and Barrett, El Cer in December.

KENSINGTON
Singles: The Singles Club of the First Uniar
schedules many activities, including yoga,
dinners, dances, work parties and theatre par
formation, call 486-5529 (days) or 525-229 (bys)
Arlington Women: The Arlington Wo
program for Jan. 3 at 1 p.m. in the Arlington
Church will be Viva Italia, a tour of Italy byl
bot Evans.
Evelyn Horn, Elizabeth Morrison, Mar
and Doris Wadsworth will be in the receiving
will be Roberta Ghertner and Virginia Gul
tesses will be Lenore Pickerill, Hana Grabow
Pick, and Cleora Knapp. Decorations will be
Mary Brekas, Mina Marzluft and Marcia Me

OTHER COMMUNITIES

Men: The Men's Forum of the North

arch, 2138 Cedar St., Berkeley, meets 9

Sweet Adelines: The Harmony Bay Chapte Sweet Adelines: The Harmony Bay Chapte Adelines welcomes new members on Weben nings, at the first Congregational Church of 2345 Channing Way, in Berkeley, at 7:30 p.m. information, please call Deanna at 515-164

233-5743.

Secretaries: "Your Professional Self: A Growth Seminar For Secretaries and Administratis" will be presented by Alameda Comforcetaries Association on Saturday, Jan. 21, Dolphin Restaurant, in San Leandro. Regio

Bridge: The Live Oak Bridge Club is 10 community group that sponsors regular duption sessions at the Live Oak Community Center ley.

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annual mystery tour will be
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lone, then to historic Columbia. Cost is \$23.50, including luncheon. For information call 525-8757. \$20 ENROLLMENT FEE MEMBERSHIP ION. thru FRI. 9:30-8:3 SATURDAY 9:00-3:00 1831 SOLANO AVENUE • BERKELEY

# Writing about life — across the generations

By JUDY POLUMBAUM

By JUDY POLUMBAUM

LBANY — Charles Lynch was a published poet at the age of 12.

Fifty years passed before his work saw print He is one of 70 writers, aged 9 to 93, whose prose certy appear in a new anthology that originated from 16 glasses at the Albany Senior Center.

The Chaps, occupies a page and a "Across the Generations," Vol. II. The title refers the Lynch won for that poem he wrote back when he



Marcy Alancraig

### Sports

# Albany struggles to split without suspended Rice

By DON AUGUST

Ith their statistical leader in street clothes, the all-rookie Albany Cougars played emotional basketball last week, splitting their game action and coach Doug Kagawa some positive signs.

6 Cougars, playing without leading center Frankho is sitting out a three-week suspension, put to-two tough games, losing a squeaker to Arroyo and back to down host Salesian.

6 miss Frank," said Kagawa, "What we have now ally last year's junior varsity team. They play hard ottonal."

Cougars showed signs of that emotion last week stitled tough Arroyo down to the final minutes. By trailed 31-29 at the half, then outscored the het hird quarter 16-14 knotting the score as the after began. However, Albany's shots then fell way, giving the Dons a 67-61 triumph. Lean't play any harder and lose," said Coach "We played extremely aggressive and we had a pull it out."

Rice out. Tony Penarelli took scoring honore.

he Cougars then had no time to rest, as they traveled than the next night, and knocked off the Chieftains

The Cougars held a 10-point half-time lead and a point advantage at the end of three. They locked it storing 20 points in the final period. It collins and Cary Willson carried the Cougars of-ely, scoring 16 and 12 points, respectively. Kevin about 10 put up nine points. The Cougars also hit on 22 of throw attempts.

### nnual antique show is club fund-raiser

or the past 36 years, the Berkeley City Club has money with its "Antiques in a Castle" show, schefor Jan. 5-8, from 11 a.m. to 8 p.m.
or the past 11 years, the show's producer has been
be Lew. The show itself covers the first two floors
club, which is at 2315 Durant Ave.
willable will be jewelry, art glass, period furniture
the prints.

In a clear, straightforward style, Lynch recalls how his younger brother Philly expropriated the chaps — "which, in case you don't know, are a kind of pants real cowboys wear over their regular pants to ward off wind and sandstorm and the like," he explains.

Like many of the contributors to this anthology, Lynch manages to combine a unique experience with a universal message. His disarmingly simple tale chronicles the love-hate relationship between two siblings, with rancor yielding to affection as they reach adulthood.

A sequel to last year's "Across the Generations," Vol. I, Vol. II offers an even deeper look into memories, dreams and contemplations of the young, the old and the in-between.

"The first younge had large feet in the large of the chapter of the state of the chapter of the

"The first volume had lots of stories about 'I just love younger people' or 'I just love older people,' " noted Marcy Alancraig, writer-in-residence at the Albany Senior Center and chief editor of both volumes. "The second has more ambivalences. Now things have settled down more to the truth."

Vol. II presents a smorgasbord of experiences — some autobiographical, some imagined, some a bit of both.

we have the little girl in raptures over the gift of a store-bought (rather than hand-sewn) dress; the elderly woman who finds herself trapped under her own car on a snowy day; a widow who finds a new beau through the obituary pages, and another who is reunited with a teenage sweetheart through the mail; a diabolical encounter between a ghoulish piano tuner and his equally frightful son; and a quartet of retirees arrested for indulging in a low-stakes poker game.

As for themes, this anthology explores everything from pride, sharing, bigotry, loneliness and inter-generational conflict to acceptance — or denial — of aging and death.

tional conflict to acceptance — or denial — of aging and death.

The contributors are as varied as their writings. Lynch, 62, retired from the New York City fire department at the rank of captain and then worked for the federal government as a tax collector for nearly 20 years. Now rettred, he lives in Albany with one of his sons.

"The Chaps" is the only prose piece he has ever written. "It all happened," he said. His main interest now is poetry, he is taking Alancraig's poetry course at the Senior Center and another at Vista College.

Rachel Knoblock, a 63-year-old Thousand Oaks resident who authored the story "No Guarantees," has been a painter, potter and teacher of English as a second language.

guage. Knoblock's story presents a man in the waning years of life who finds exhilaration in a bicycle he can share with his grandson. Although it is fiction, Knoblock says that its seenes and emotions arose from encounters in her own

She began the story while she was taking a fiction class at the Berkeley Senior Center, and remembers tor-turing herself over it during what was supposed to be a "second honeymoon" with her husband at a cabin in In-

"second honeymoun with her described were said, "until I just dropped it. I felt free. We cooked up a wonderful meal, put on Mozart and went dancing. Then we took a drive to Bolinas. We went walking, and right across my path came a bicycle with a tall, gray-haired man on it—and something happened, and then this story evolved."

path came a bicycle with a tall, gray-haired man on it—and something happened, and then this story evolved."

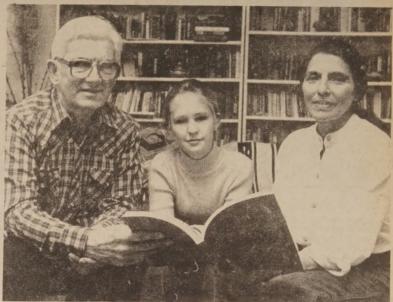
Beverly Hickok of Berkeley, retired from her job as a librarian at the University of California, described her invalid mother in Vol. I. Vol. II includes her vignette "George," about another nursing home patient. We hear him telling off the nurses and fellow patients in no uncertain terms, learning only at the end that he has had a stroke and lost the power of speech.

Hickok, 63, visits her 96-year-old mother in a Berkeley nursing home almost every day. "Of course, I observe the other patients, and my sympathy goes out to them," she said. Although she made up the character George, he is based on her observations of stroke victims who cannot speak but seem to want to: "You can tell by their eyes."

Sonia Margulis of Oakland, 75, celebrates her advanced age with a heartfelt essay, "Best Years of My Life." Her husband William, born in Bessarabia, Russia 82 years ago, recalls the burdens of an eldest child as well as the security of parental protection in "The Oldest."

Carla Harkness, 31, of Albany, and her 61-year-old father, Carl Pistochini, who lives in San Lorenzo, collaborate on a warm recollection of a mother-and-grandmother. Suzy Ronfeldt, 40, who teaches fifth grade at Albany's Cornell School, paints an equally loving portrait of her grandfather Charlie.

Ten Cornell School students and a 12-year-old from Berkeley Christian School are represented in the anthology. Lily Quach, 11, recalls walking along the beach in Vietnam with her grandmother. Bronwyn Ahlbrecht, also 11, describes how her mischievous grandfather sneaks chocolate, in spite of his diabetes.



Contributors Include (I.-r.) Charles S. Lynch, Bronwyn Ahlbrecht and Rachel Knoblock

did,"

The purpose of "Across the Generations" is "to get people talking to each other, using writing as a medium," said editor Alancraig. "People have stories that they need to tell, and there are lots of stories that they need to hear."

Alancraig solocited submissions for Vol. II at readings and meetings in schools, nursing homes and senior centers as well as in her own classes.

She and three fallows in the service of third volume in January. "For the first time, we have a third volume in January. "For the first time, we have a stories about wartime and peacetime."

She said she anticipates some financial problems getting Vol. III out because her three-year California Arts Council grant to work at the Senior Center expires in June.

Alancraig plans to begin inviting submissions for a third volume in January. "For the first time, we have a stories about wartime and peacetime."

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She and three fellow editors chose the 70 selections from among 235 submissions. The editors went through a painstaking blind judging process, with names separated from the submissions.

"They had to be inter-generational or about a certain time period," said Alancraig. "We got some wonderful anature poems which we couldn't use."

The editors also made sure that half the final selections were by authors over 55, since the anthology was senior-initiated project.

The book acknowledges the Albany Senior Center, California Arts Council, East Bay Center for the Performing Arts, Educators Improvement Service and Vista Community College for their support for the project.

It is dedicated to an anonymous donor who put up the funds to print 600 copies of Vol. II.

The same person lent the money to produce 500

# El Cerrito firemen promoted

By JOHN ADAMS

By JOHN ADAMS

Two El Cerrito fire captains have been promoted to battalion chief.

Captains Ed Scarbrough and Larry Armstrong have been appointed to fill the vacancies left by the retirement of Battalion Chief George Richards and the promotion of Pete Barraza to chief.

The new battalion chiefs will get their badges at the Jan. 3 meeting of the City Council.

Scarbrough and Armstrong won their promotions after a rigorous series of written, oral and performance tests judged by three fire chiefs from neighboring departments.

nents.

Scarbrough joined the El Cerrito force in 1959 and became a captain in 1978. He served as chief fire inspector for the city for 15 years, has worked as training officer, and holds an A.A. degree in fire science, a B.A. in history from San Francisco State University and a Community College Vocational Teaching Credential in fire science.

He also serves with the Coast Guard Reserve. Scarbrough lives with his wife, Faye, in Albany.

### Guest talks on Russia

EL CERRITO — Sarah Seybold, R.N., M.S., of the Peace and Friendship Exchange, will speak on "What About the Russians? A Peace Mission to the Soviet Union."

The presentation will take place in the St. Jerome's Parish Hall, 308 Carmel Ave., on Friday, Jan. 6 at 7:30 p.m. The lecture will be preceded by an optional dinner at 6:30 p.m. (\$2 donation.)

Seybold is one of 25 Bay Area residents who recently travelled in the Soviet Union for 17 days.

For dinner reservations, call 525-0876. No reservations are required for the program.

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FIVE FREE RENTALS JUST FOR JOINING. his is a \$50 value that pays for itself on the first

ONLY WANT TO RENT FOR ONE DAY? Our DISCOUNT CARD is for you. Buy it for \$25 and get

10 1-day rentals. This enables you to rent any movie for \$2.50 a day, any day of the week.

5. LOTS OF FREE PARKING RIGHT IN FRONT OF THE DOOR. Not down the block or around the corner, but right in front of the door.

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pung in and out or nine way home from work.

7. MOVIES, MOVIES, MOVIES Not only do we have lots of movies in our store, but you can watch the movies from any of our other stores, too. Between us we have thousands and thousands of the saking. See our huge intra-store catalog on the counter.

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# Putting a piece of local history on your bookcase



Pre-ordered copies of "Stories of Albany" can be obtained at the Albany Chamber of Commerce, 1108 Solano Ave. Additional copies are \$15 plus tax. After the holidays the books will be available at local book stores. Shown at right are some of the contributors, including (front, I.-r.) Bobby Liao, Ruth Lane, Jennifer Bennett, Catherine Webb, Jewel Okawachi, Margaret Corey, Alyce Berndt and Nina Williamson. (Middle row, I.-r.), Al Radford, Bill Woolworth, Dorothy Boyd, Pat Barassi Anderson, Emily Sbragia, Carol Bielski, Viola Wilson, Ed McManus. (Back row), David Kinkead and Frank Westphal. In the photo above, Catherine Webb (seated) passes out the finished volume.



# Churches

ALBANY

St. Alban's Episcopal Church

Today at 11:30 a.m., the Rev. Warren Debenham will celebrate Holy Communion with the laying on of hands.

On New Year's Eve, a watch service will be held starting at 11 p.m. with Holy Communion.

On Sunday, Jan. 1, the Rev. Russ Moore will preach. Debenham will celebrate Holy Communion, assisted by Moore and Nabil Yacoub.

Those wishing to receive the laying on of hands are asked to go to the back of the church after receiving Communion, where Mary Janet Lindstrom will assist. The senior choir will sing the offertory anthem.

There will be a coffee hour after the 10 a.m. service. Ushers are George Coons and Alex Njoroge. Church school and inquirers' class resumes today.

St. Alban's Episcopal Church is at 1501 Washington mon lunc.

First Baptist Church of Albany
On New Year's Day, there will be a 10 a.m. worship
and Communion service. Pastor Alan Newlove will preach
on the topic, "Leaving the Past." There will be no Sunday
school classes.
The church is at 1319 Solano Ave. Phone 526-6632.

Albany United Methodist Church unday, Jan. 1, the Rev. Virginia Hilton will preach

the sermon.

Monday, Jan. 2, Bible study is at 7:30 p.m. Wednesday, Jan. 4, Quilters workshop meets from 9:30 to 3 p.m.

Gracemont Baptist Chutch
Sunday Bible study begins at 9:45 a.m. followed by 11
worship service. A 5 p.m. discussion hour is followed
orship and song service.

U.S.D.A. CHOICE

Staff includes Rev. Glen G. Campman, pastor; Rev. Lupe Torrez, associate pastor; D. Shayne Gilpin, minister of music; and Steve Beck, minister of youth. The church is located at 1221 Marin Ave.

Church of Christ
On Sunday, Bible study is at 10 a.m., worship at 11 a.m., with the Rev. Max Crumley, Sr., minister. Wednesday Bible study is at 7:30 p.m.
The church is at 1370 Marin Ave.

Berkeley Buddhist Priory
The prior, the Rev. Teigan Stevens, invites the public ttend meditation periods and services Tuesday-Sun-

day.

Beginners' retreats are held the first Sunday of the month from 9 a.m. to to 4 p.m. and include a vegetarian lunch. A gift shop and library are available. For more details, call 528-2139.

Instruction in Soto Zen meditation is offered the first and third Tuesdays of each month at 7:30 p.m.

The priory is affiliated with Shasta Abbey, a Zen Buddhist seminary and monastery in Mount Shasta, Calif., founded in 1970 by the Rev. Roshi Jiyu Kennett.

The priory is at 1358 Martin Ave.

EL CERRITO

El Cerrito United Methodist
On Sunday, Jan. 1, the English-speaking and Manrin-speaking congregations will have a joint service
sing with the observance of the Lord's Supper. Rev.
tigene E. Paden, pastor, will bring the Communion medtion: "The Washing of Humility; The Concern of Sacrie." The text will be taken from John 13:2-20; I
minthians 11:25-31. Wei Li will play the organ and there
Il be music. The service is at 10:30 a.m. Sunday school is
10:30 a.m.

0:30 a.m. On Wednesday, Jan. 4, Charles Fender will show

Ouick look

at logotherapy

KENSINGTON — "Logofair 1984," a demonstration of Dr. Viktor Frankl's
meaning-oriented, holistic
ideas and methods will be
presented by the Institute
of Logotherapy from 10
a.m. to 3 p.m. Saturday,
Jan. 14, at the First Unitarian Church of Berkeley, 1
Lawson Road.
The public is invited. The
event is free for members
of the institute and \$3 for
others.

slides of his trip to Japan and will report on the meeting of the American Baptist Churches.

There will be steak dinner Saturday, Jan. 7, to benefit the after-school program for children. Cost will be \$6. For reservations, call 526-3773.

The church is at 6830 Stockton Ave.

Hillside Community Church Informal fireside service is at 11 a.m. on Sundays, led by Dr. Horand Gutfeldt. For more information, call 525-1462. The church is at 1422 Navellier St.

Bay Area Seventh Day Baptist Church
The church holds services every Saturday in the chapel of the United Methodist Church in El Cerrito. The pastor is the Rev. Stephan Saunders.
The service begins at 10:30 a.m. Sabbath school follows at 11:45. A potluck lunch is held each week.
Bible studies are held weekly. For information, call 527-2055 or 757-6426.

Bible studies are held weekly. For information, 527-2055 or 757-6426.

The church is at 6830 Stockton Ave., El Cerrito

KENSINGTON
Arlington Community Church
On Jan. 1 there will be a prayer breakfast at 10 a.m.
Breakfast will be prepared by Bruce Barnes, Dave Rider,
Bruce Smith and Ron Yourd. Rev. Ken Barnes will lead
the prayers and serve Communion. Nursery care will be
provided.
The Adjuster Communion.

The Arlington Community Church is at 52 Arlington Kensington.

to Donner Summit.
The church is at 1 Lawson Road, Ken

Thousand Oaks Baptist Church
The church is located at the corner of
Catalina avenues in Berkeley. Phone num

Northbrae Community Chard Our Sunday program includes classes nursery care, our regular worship service at coffee hour.
The Northbrae Community Church Alameda in North Berkeley.

OTHER CITIES
Chinese Rhenish Chur
This bilingual (Cantonese and i
church holds worship every Sunday at
day school at 9:30 a.m. The pastor

at 11 a.m.
The church is at 4709 MacDonald Aw
Phone 232-1072.

First Congregational Church of Bets The church is at Dana, Dwight and Char keley; 848-3696.

oliciting door-to-door wihout a pegiven him a prior warning. Bail water A woman reported that cost stolen from her Calhoun Street hot A halbany woman told polic obscene phone calls from a caller we to me while I masturbate?" She him A Mobile Radio Engineer to block on Masonic Avenue was but Patrick Akena, 29, of Por ported acting suspiciously in the Strue. He fled from police and was the properties of the properties of the structure of the stru

### Police beat

ALBANY
Albany police reported the following crimes for Dec. 19-22.:

• The theft of an am-fm stereo cassette was reported from an '82 Jeep station wagon in the 1100 block on Portland Avenue. Oil was poured over the dash, seats and carpet.

Grand Opening

"The Biggest Little Coffee Shop in Town' % OFF OUR SPECIAL
THE PATTI-MELT with FRIES

BBQ RIBS and CHICKEN ("Secret" Did Family Sauce Recips)

BBQ RIBS and GINES SUNDAY BRUNCH

SUNDAY BRUNCH

COUNTRY BREAKFAST Nan. Racy and Fellinday Data and Eggs. Help Break. First, and Annual Programmer Country, John and College.

MONDAY and TUESDAY 8:30 a.m.-6 p.m.

WEDNESDAY-ASTURDAY 8:30 a.m.-6 p.m.

SUNDAY 6:30 a.m.-6 p.m.

SUNDAY 6:30 a.m.-6 p.m. OPEN 7 DAYS A WEEK

THE PATTI-MELT
We're Delicious, Fest and Coursous!

900 MASONIC (just off Soleno Ave.)
ALBANY
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RAVIOLI STANDING RIB ROAST 275 BOX **298**Lg. End
Small FAMOUS BRAND U.S.D.A. CHOICE LONDON 269
BROIL Lb. JET NET 298
HAMS Lb. HAMS WE MAKE OUR OWN NEW YEARS EVE ITALIAN 198 SAUSAGE 1 Lb. 1700 PLATTERS and Cheeses 2200 NO PRESERVATIVES OVEN READY! STUFFED STUFFED PORK PORK 249 CHOPS 2 Lb. BELL BELL 198
PEPPERS 198
Lb. OVEN READY! STUFFED-BONELESS CHICKEN 3 49
BREAST 3 Lb. **FRESH FISH** 

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ON AVAILABILITY

# Rappy Hew Year





### OAKS **JEWELERS**



# Vew Year

**ALBANY** BOWL



### PETLAND



HAPPY NEW YEAR

### SAY CHEESE



# JEROME.

HOLIDAY GREETINGS we celebrate this joyd ason and look forward



### Happy New Year!

The excitement of the New Year fills us with lovely melodies. Have a happy and healthy 1984.

ALBANY

FIRE DEPT.



### Ηαρργ New Year

BOX Beauty Sala



# LUCK

### THE POWDER **GORDON'S** PIANO SHOP

1124 Solano Avenue 526-3614



### HAPPY PRODUCE

NTT TRAVEL



# Welcome

Let's get 1984 off with a bang! We just know it will be a New Year filled

### ZARRI'S **DELICATESSEN**

Happy New Year!

What better time to wish our friends and patrons all the health and happi



### Ηαρργ New Year

It's nearly here...the grand New Year. Hope it brings you much success!

### WELLS **FARGO** BANK

1800 Solano Avenue Ibany 464-2234



### Seasons **Best**

### WILLIAM F. JOHNS





Carla J. Tenret Callygraphy & Design





May your brand new season be filled... with miles of smiles!

### GOLDEN DYNASTY RESTAURANT

10140 San Pablo Avenue El Cerrito 524-7851

THE JUNKET



### HE GLENN CUSTOM



# **Greetings**

### **ALERT CLEANERS**



### BELLER & KING **AUTO SALES**



### Best Wishes

### CONSUMER WHOLESALE STORE



### GOLDEN GATE FIELDS



# **23H2IW**

Chateau SEASON'S







# (reetings

### GALVIN **APPLIANCE**

518 San Pablo Ave. Albany 527-2244

### Feastival



y seniors enjoyed a Christmas party recently with a tableful of goodles supplied by the local h of Bank of America. Hostesses (l.-r.) were Maria Frugoli, Diane Sericati, Yo Sumimoto and n Colmar, all from the bank.

RING IN THE NEW YEAR RIGHT!

WITH ALL YOUR PARTY NEEDS FROM JAY VEE

CHAMPAGNE

1499

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RELSKA

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BAILEYS

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CHRISTIAN BROTHERS

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planning a party? WINES don't forget the LIQUORS

JAY VEE . DARI DELI . JAY VEE . PARTY GOODS

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COOKS

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I.W. HARPER

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1.0 Ltr. 599

.. 1.0 Ltr. 599

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DEVS T

WALKERS

RONRICO RUM

SEAGRAMS GIN

SMIRNOFF VODKA

### Philharmonia

### soloists set

gregational Church in Berkeley.

Music by Vivaldi, Boccherini, Corelli and Mancini will showcase the solo playing of nine Bay Areabased musicians chosen from the 30-member Philharmonia, Baroque Orchestra of the West.

Tickets, \$10 (general) and \$8 (students/seniors), may be purchased in advance at City Box Office, Bass and Ticketron outlets.

ALBANY
The center is at 846 Masonic Ave., 644-8500. Hours:
Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.
and Sunday, noon-4 p.m.

Special Events

Senior prom has been discontinued. If interested in a Sunday afternoon tea dance, call the center.

No blood pressure clinic this month.

Legal assistance for Alameda County residents, by appointment, Wednesday, Jan. 4, at 10 a.m.

Free powdered milk is still available through vogernment surplus program.

All Vista classes are on Christmas break, resuming the week of Jan. 2.

Slide show, murals of San Francisco Bay area, by Gene Gordon, with music. Wednesday, Jan. 4 at 12:30 p.m.

General center meeting, Thursday, Jan. 5, 12:30

p.m. Slide.show, seven Shakespeare festivals, by Gene Gordon, with music. Wednesday, Jan. 11 at 12:30 p.m. Optometry informational talk, help for eyes, Monday, Jan. 16, 12-1 p.m. Comedy mystery play, "Trifle," by Ed Garfield and Berkeley Matinee Theater. Refreshments. Donation accepted. Wednesday, Jan. 18; 12:30 p.m.

Classes

Monday: creative writing, 9 a.m.-noon; current events, 1-3 p.m.; crafts, noon-3 p.m.; tutorial writing, noon-2;30 p.m.

Tuesday: painting, 9 a.m.-1 p.m.; beginning photography, 9 a.m.-noon; folk dancing, 1-3 p.m.; English as a second language, 1-3 p.m.

Wednesday: color slide photography, 9 a.m.-noon; current world problems, 10 a.m.-noon; tutorial writing, 12:30-2:30 p.m.; Shakespeare, 1-4 p.m.;

Friday: creative writing and poetry, 1-3 p.m.

Saturday: writing, 1-4 p.m., every fourth Saturday.

Continuing Events
Blood pressure clinic, 4th Monday every month, 1 to

3:30 p.m.
Barber service, Thursday 9 a.m.-noon. Donation re-

quested.

Bingo, Thursday and Saturday, 10:30 a.m. Singalong, Thursday, 11:30 a.m.; bridge, Friday, noon-3 p.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group, Friday at 10 a.m.

Community service, Friday, 10 a.m.-noon.

General center meeting, first Thursday every month, 12:30 p.m.

Social Security field representative at the center the first and third Friday of the month at 3 p.m. to answer questions.

questions.

Transportation

Call at least one day in advance for reservations for senior van shopping trips. Thursday mornings: El Cerrito Plaza. Friday mornings: Solano Avenue. Requested donation, 50 cents per round trip. Albany residents only.

Taxi scrip available to Albany residents over age 65. Price from \$4-10, depending on income. Apply Tuesdays, Thursdays and Saturdays, 10 a.m. to 2 p.m. Persons in wheelchairs may purchase special transportation vouchers.

Bus Tours
Trips are sponsored by Albany Park and Recreation
Dept, Make reservations with Myriam Heath, Tuesday at
1 p.m. and Thursday at 10 a.m.
Jan. 12-13, Reno overnight, double or twin occupancy, \$34 per person; single occupancy, \$45.

Meals on Wheels
Home-delivered meals are available for Albany residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-salt and diabetic meals are available. \$15 per week (weekdays only).
To order, please call the center at 644-8500 one week in advance. Coordinator Margo Tyndall will make all arrangements.

rangements.

Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation for seniors is \$1 plus 50 cents; \$3.50 for persons under age 60. Monthly menus are available.

Dec. 28, chicken; Dec. 29, fish; Dec. 30, chicken.

EL CERRITO
Open House
Located at 6500 Stockton Ave., behind the library;

### KING TU RESTAURANT & LOUNGE Food to go Banquet Rooms • Cateria OPEN 6 DAYS A WEEK! UNCH Thurs, Sat. 11:30-3:30 COCKTAILS 1335 Solano Ave., Albany 525-2285

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THE FINEST CONTINENTAL SEAFOOD CUISINE

Thai Good

EARLY BIRD SPECIALS 4-6 P.M.
COMPLETE DINNERS FROM \$6.50
SUNDAY CHAMPAGNE BRUNCH \$5.75-8
LUNCH — TUES.-FRI. 11:30 A.M.-2 P.M.
Sunday-Thursday 4-9; Friday-Saturday 4-10
Sunday Brunch 11:30-2:30 \* Closed Monday

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Business Lunch Specials

American & Thai Seafood

Private Parties Wheelchair Access Lunch (Mon. - Fri.): 11:30 - 2:30 Dinner (Daily) 4:30 - 10:00 905 SAN PABLO AVENUE - ALBANY, CA (415) 524-8837

### Share with children

On Tuesday, Jan. 3, The Housing Rights for Chil-duen Project will hold its next monthly housing-workshop for parents who are interested in shared housing.

526-0124. Drop in lounge open weekdays from p.m. Lunch daily at noon.

Classes Mondays: 10 a.m., T'ai Chi; 1 p.m. bridge

group.
Tuesdays: 9:30 and 10:15 a.m., fitness;
ginning drawing; 10 a.m.-2 p.m., women's ha
appointment only); 1 p.m., grocery bingo.
Wednesdays: 9:30 a.m., mild exercise;
needlework; 12:30, knitting; 1 p.m., bridg
group; 2 p.m., law class
Thursdays: 9:30 and 10:15 a.m., fitness
Fridays: 9 a.m. to noon, barber; cash

Christ Lutheran Mondays, 9 a.m.-2 p.m. at 780

Mondays, 9 a.m.-2 p.m. at 7 Stockton. Craft classes (pressed flower jewelry, weaving) are taught in the noon. Afternoon program of inform munity singing, sit-down exercises a The program is co-sponsored thed School Adult Education progra

St. John's Center
St. John's Senior center meets eve
a.m. to 2 p.m. at the Catacombs but
Lexington streets, El Cerrito. For infon
Gans, 529-1114.
The Center is pare

Gans, 529-1114.

The Center is part of the Richmond Education Program. 9 a.m., crafts; noon, fulectures. After lunch, the group has communication and the statement of the group has communicated the statement of the group has communicated the group has communicated the group and the

Community Center
Monday, 6-9 p.m. at El Cerrito Comp
7007 Moeser Lane. Program: first week,
bingo; second week, cards and games; th
luck; fourth week, cards and games. If t
week, special programs. For information of

Senior Citizens Club
Meets Thursday, 5-9 p.m. at St. Joh
Hall, Gladys and Lexington Streets. First 7
month: business and cards; second, bingo;
observances; fourth, potluck and cards; fift
grams. For information: 526-7462.

KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 ps.
Arlington Community Church, 52 Arlington Aming activities include knitting instruction, before conversation and meditation. Afer lund group singing, bridge and a quitting class.

A potluck is held on the first Thursday of eat Members may bring a dish to serve 4-6 people \$2.50. A sandwich, cake and coffee are provide cents on the remaining Thursdays.

Dec. 29: Open center meeting. Members ambring suggestions and New Year's resolution.

OTHER CITIES
North Berkeley Center
1901 Hearst St., Berkeley, 644-6107.
8 a.m. to 4:30 p.m., gift shop opens at I
Regular activities inlude needlewo
glish, yoga, bingo, singing, Spanish, Mand
lessons, walks, painting, current events,
ramics, Jewish family circle, alcoholic su
history.

January activities include: Jan. 9, 1030 t. The Doctor; 1:30 p.m., Hypertension and Ym Manage It.

The Doctor; 1:30 p.m., Hypertension and Yesis Manage It.

January 10 and 24, 9 a.m.-11:30 a.m., Bloods Testing and Health Counselling; Jan. 17, 10 as.
Care of Your Eyes; 1:30 p.m., Preventitive Foot Most Common Foot Problems.

Jan. 24, 1:30 p.m., Risks and Uses of Nodes cine; Jan. 27, 1 p.m., Theory and Practice of Amand Jan. 31, 2 p.m. Chinese Breathing and Eclass.

Other Events of Interest include Jan. 21, Sing-a-long program of Musical Flashbacks., Jan 3 p.m. Slides of "Holland" and Jan. 22, 2 p.m., Single County Count

Richmond Annex Center
5801 Huntington Ave., Richmond. Opa 8
through Friday. Weekday drop-in lounge, 9 and
Sunday brunch, 10 a.m.-1 p.m. (except lives)
\$1.50. Other activities include gentle exerus.
Monthly activities include a potluck supper lives
Monthly activities include a potluck supper lives
is Donna Chavez, 526-3553.

Walker's Restaurant Soup of the Day Salad SUNDAY DINNER Served J-7pm 3.36

# • BREAKFAST • LUNCH •

# • DINNER •

OPEN MON.-FRI. SATURDAY 6:30 a.m.-10 p.m. 8 a.m.-9 p.m.

BARBARA'S COFFEE SHOP 450 San Pablo Ave. Albany 524-4802

Barbara's serves a wide range of dishes prepared in the European tradition, using only fresh ingredients.

Art sho

between 7 a Works are viewing and the hospital' 3001 Colby



The Northern California debut of the Philharmonia Chamber Solosits featuring 18th century Italian music played on authentic period instruments will be presented at 8 p.m. on Monday, Jan. 2 at First Congregational Church in Ber-

AVOCADOS





GREEN

ONIONS

ORANGE JUICE TLAV-R-PAR

VERY TASTY NOT OVER 22% FAT

MORRELL

ALLO SALAME

ORRELL BEEF FRANKS

NCY

ICED

CON

MILD BRISKETS BUTCHER BRAND

LEG OF LAMB LEO'S

MEATS

FRESH

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**IDAHO** 

AR-S MEAT FRANKS 1-LB. LITTLE

NES SAUSAGE AK SLICED IMPORTED HAM OSTER FARMS WHOLE FRYER LEGS

IT-UP WHOLE FRYERS

(6-0Z. SLICED \$1.89)

BIGGIE BRA 2.19 MINUTE BREAKFAST LINKS

1-LB, PKG, \$1.29

13-0Z. CHUB \$3.49 1-LB. PKG. \$1.29 1.19

\$1.09 LB. 89° LB. 95°

### PRODUCE FRESH DAILY



BELLPEPPERS GREEN, GREAT FOR SALADS OR STUFFING

**EGGPLANT** FANCY LARGE SIZE

DIE

MUSHROOMS

DAIRY PRODUCTS

DARIGOLD BUTTER

FIRST QUALITY 1-LB. CUBES \$1.79

CARNATION EGG NOG

**COTTAGE CHEESE** 



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HOTHOUSE GROWN 8-0Z. PKG.

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RU

CALIFORNIA FURETE LARGE SIZE

CARROTS CLIP TOP SWEET-N-TENDER

199¢

TEXAS RUBY REDS LARGE SIZE 5 g 9 9

We Carry A Large Variety Of Fresh Herbs

FROZEN FOODS

**SWEET & SOUR PORK** 

11-0z. \$1.99

BEEF ORIENTAL 11-0z. \$2.65

"MY CLASSIC PIZZA" 24.5-0Z. \$3.19

COFFEE RICH 16-0Z. 49¢

RICHS CHOCOLATE ECLAIRS 8-0Z. PKG. \$1.29

CARNATION

PURE KOSHER DILLS

ANNA LISA SALSA

99

6-OZ. TIN 19

24-OZ. \$1.85

3¾-OZ. 99¢

89









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SERVICE

a cut above everyone!

BUDGET BUYS





LOWENBRAU \$2.59 SPECIAL 6/12-0Z. NON-RETURN PAUL CHENEAU <sup>5</sup>3.49 WINE FAIR LADY CHAMPAGNE SPARKLING WHITE \$4.39 CORDORNIV \$3.89 BRUT HANN KORNELL \$5.99 CHAMPAGNE \$4,49 WINE ETPQUETTA NEGRA

CHIPPERS CARMEL CORN 41.5-OZ. \$1.49 SPICY-HOT V-8 SAFFOLA OIL TINY TOT SARDINES DAVID'S BACEL CHIPS

8-OZ. \$1.25 STAR OLIVE OIL 17-OZ. \$2.45 BUMBLE BEE ALASKA RED SALMON \$2.89

oz. \$1.99

SPAGHETTI SAUCE

15½-0Z. JAR 89¢ MARINARA SAUCE

79

15-0Z. JAR **89**°

3%-0z. 4/\$] INSTANT COFFEE

8-0Z. JAR \$3.39

85°

63



SOUP

2/69 CAMPBELL'S SOUP

DIET-REG.-LIKE

APPLE SAUCE

REVLON FLEX \$1.99

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<sup>3</sup>1.89



OH BOY CHEESE-CHIVE 12-0Z.

**GARLIC BREAD** 

BAKED POTATO



**SCHWEPPES** MIXERS 32-0Z. RETURNABLE 49¢

> CALISTOGA MINERAL WATER 6-PAK \$1.59

**HOURS:** 

BERKELEY

1850 SOLANO AVE 2655 TELEGRAPH AVE. ve Seven Days, Wednesday thru Tur ary 3, 1984. No Sales to Dealers

### Home for the holidays

He is visiting his parents Don and Jackie Armstrong; brother Tim, a senior at Albany High; and brother and sister-in-law Jeff and Lisa Armstrong of El Cartina

Greg Armstrong re-cently completed basic training and is now in military police training at Ft. McClellan, Ala.



**Greg Armstrong** 

### Youth hosts needed

Youth Exchange Service (YES) is in need of host fa-is all over the United States for students aged 15 to 18 different countries, coming on homestay programs of

detailed information, contact Youth Exchange (YES), 350 South Figueroa Street, Suite 257-P, teles, 90071. California residents may call (213)

# ce beat

entinued from Page 1,
EL CERRITO
Covted the following crimes for

er of Jack's Bar, 11870 San Pablo was cited

ctim was at work, stole \$100 is and \$3,500 in clothing. The bur

### Armed robber gets only \$1

Adult school

sets classes

ALBANY - Descrip

"Registration for all courses will be on a first-en-colled, first-admitted passis," said principal Larry

Those desiring to pre-en-bli may do so at the school ffice, 601 San Gabriel ive. from 9 to noon and om 1 to 4 p.m. weekdays.

Obin

Scouts

tree pic

James |

ALBAN

Mabel 6

daughter of Oakda

Albert

He is

MON.-FRI. 9:00 a.m.-9:00 p.m. SATURDAY 9:00 a.m.-8:00 p.m.

SUNDAY 9:30 a.m.-6:00 p.m.



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Spacious 2 bdrm. 1 bath
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GMC 1976

Camper. Best offer. 236-5028 TOYOTA, '75 Pickup. Auto, sliding rear win-dow. Small down deliv-ers, no pymt 'fil Feb. Dir, 632-2682 PORTED CARS 935

FIAT, '75 131, 64,000 miles, 5 spd, air, cassette, \$1695, (288MQD), Dir, 638-3972

Dir. 638-3972

HONDA, 79 Civic. Silver. 58,000 miles. Small down, no pymts 'fil Feb. Dir. 569-2441

HONDA, '80 Accord. 5 speed, cassette, air. power steering, Yr End Special. dir. 638-1179

/W, '76 Rabbit, 4 spd, stereo, 60,000 miles, No payment 'fil Feb, Dir, 638-3972

DOMESTIC CARS 950

BUICK, '80 Century, 50,-000 miles. Air, filt, wire wheels. End of Year Special. Dir, 638-4845

CHEVY '74 VEGA Runs good. Good tires. 2-door. Let's make a deal. Call 237-2793

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74 NOVA, Incl. 12 Mo. Limited Mechanical Warranty.

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Soon course. Vs. automatic. 178 PINTO, Incl. 12 Mo. Limited Mechanical Warranty.

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82 TOYOTA P.U., Incl. 12 Mo. Limited Mechanical Warranty. 82 TUTUIA F.U., Mich. La mic. 20,000 one-owner miles. (#0075685). \*5995
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4 door, vs. loaded 35,000 miles. Beautiful (1897UB).

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CHEV '72 Caprice 4-door hardtop. Immaculate inside & out. Must Selt \$1250/best offer 234-095

PLYMOUTH, '74 Valiant, slant 6, Extra clean, \$1500. firm. 222-3183. PONTIAC, '76 Ventura. Autofair, PS. Looks new. No pymts 'til Feb. Dir, 569-244)

PUBLIC NOTICE

A-240-December 28, 1983

LEGAL NOTICE 1-138759

PUBLIC NOTICE
The report on the uses of Federal Revenue Sharing funds for fiscal year 1982-83 has been submitted as required by ORS Regulation 51.12 for the City of Albary. The report and its supporting documentation is available for public inspection of the Part of the City of the City of the Report of the Albary City Hall France of the Albary City Hal

Daxisino scaveriger generalizates.
Persons interested and desiring to be heard shall be present at the time and place abovementioned, or communicate in writing to the City Council prior to the meeting. THIS NOTICE IS GIVEN PURSUANT TO THE DIRECTIONS OF THE CITY COUNCIL.
JACQUELINE L. BUCHOLZ
CITY CLERK
A-242-December 28, 1983

MOTOR SALES

234-8783

12900 San Pablo Ave.

BACKED BY 12 MONTH LIMITED MECHANICAL WARRANTY

PUBLIC NOTICE

tax ordinance enacted in accordance with Part 1.5 of Division 2 of the Revenue and Taxation Covering or the August 2 of the Revenue and Taxation Covering of the August 2 of the Revenue and Taxation Covering

Microsian ong NOES: None NOES: None ABSENT: Councilmember Johns IN WITNESS WHEREOF, I have hereunto set may hand and affixed the official seal of the City of Albany, this 20th day of December.



# Hawaiian Island honeymoon



Terri and Stephen Crinnion on their way to their wedding re-

Hawaii was the honeymoon destination of Terri Thomas and Stephen Crimion, who were married at St. Francis De Sales Cathedral in Oakland. A reception followed at Mira Vista Country Club in El Cerrito and the couple are residing in Alameda.

The bride, a resident of El Cerrito, is a graduate of Kennedy High School and Armstrong Business College with a degree in accounting. She is currently working on a master's in business at Golden Gate University. She is owner of a CPA firm in Emeryville and is a member of Oakland East Bay Chapter, National Association of Accountants.

tants.
The groom graduated from Piedmont High School

and California State University at Hayward. He has a bachelor's degree in accounting and is an internal auditor with Transamerica Financial Corporation. He also is a member of the NAA.

For her marriage, the bride wore a lace and chiffon gown with chapel length train and full length veil secured with a cap of lace and seed pearls. She carried a bouquet of carnations, stephanotis, and baby's breath.

Lori Thomas was maid of honor for her sister. All the attendants wore gowns of red chiffon with petal skirts. Best man for his brother was Vincent Crinnion. Ushers were Peter Dailey, John O'Hanlon, David Thomas, Bill Cattarusa, and Larry Singer.

# Help for problem drinkers

By KATHY HALL

Ven with the hustle and bustle of the holiday season one doesn't forget a problem that is year-round: particularly if that problem is alcoholism.

Alcoholism is widespread in our society: one out of 10 adults and one out of six adolescents will become dependent on alcohol or some other drug.

The cycle of alcohol and chemical dependency is perpetuated by the dependent person's denial of the problem and by the lack of education on the part of those people closest to him or her.

Merritt Peralta Institute offers free community workshops every Saturday for alcohol or chemical dependent persons, family members, friends and other interested people.

shops every Saturday for accord to creamer separation persons, family members, friends and other interested people.

The staff at Merritt Peralta Institute stresses the importance of education as the key to helping a chemically dependent person take that first step toward recovery. The workshop schedule will continue as usual throughout the holiday season, in order to give people the support they may need during the holidays.

"Families who have sought help during the holidays have found that the workshops can help to alleviate the added stress of the season and help them to put things in

to assist someone they care about in recovering from dependency.

The workshops are held each Saturday, starting at 100 a.m. in classroom 5 at Merritt Hospital, Hawthorne Avenue and Webster Street. Topics rotate each week and are entitled as follows: The Disease Concept of Chemical Dependency, The Family Illness, Family Intervention, and Treatment and Recovery Issues for the Family.

The institute's other free community outreach services include a 24-hour crisis line (652-7000), an information and referral service and a speaker's bureau for community organizations.

munity organizations.

In addition to these services, Merritt Peralta Institute offers both residential and outpatient treatment programs for chemically dependent persons. Call 652-7000 for more information.

Kathy Hall is the assistant director of Merritt Peraita Medic Center's Community Workshops.

### Withholding earnings

By HARRY B. RABIN

W-2 Forms for 1983 will reflect a smaller percentage of earnings withheld than any time in many years — well over 20 years for many taxpayers.

It marks the final step in a three-year, 25 per cent overall rate reduction, which was the central feature of what many call the most comprehensive tax reduction act in history. But a lot more than rate reductions have been involved and many individuals are probably still overpaying their taxes because they are unaware that numerous changes have been made available to them since 1981.

Rate reductions were an automatic process. They were reflected, in withholding throughout the period, but there are many other tax saving possibilities that require a little digging, but can prove of even greater benefit in many instances.

many instances.

Liberalization of IRA and Keogh Plan allowances, the marriage penalty adjustment and depreciation and investment credit incentives are a few examples of benefits that may have escaped the attention of many taxpayers. Now that nearly all of the changes Congress approved two years ago are in effect, it makes very good sense for individuals to sit down with a tax professional and analyze all that has happened and see where they may be able to capitalize on certain opportunities above and beyond what they are saving through the rate reductions.

No one is expected to pay more taxes than they should — the trick comes in making sure we all cover every base in determining what the amount should be.

Harry Rabin, an Albany resident, is a partner in Gee Rabin and Associates, an accounting firm in El Cerrito.

### Junior Bach group sets January deadline

The Junior Bach Festival Association has announced a deadline of Thursday, Jan. 5 for return of audition applications for the 31st annual junior Bach festival.

Entrants for audition must be 18 years or under on Feb. 1. Vocalists, organists, accompanists and conductors must be 20 years or under.

Music to be performed must be original Johann Sebastian Bach or attributed to him. Audition applications may be obtained by sending a stamped, self-addressed envelope to the Junior Bach Festival Association, P.O. Box 590, Berkeley, 9470.

Additional information may be had by telephoning the Junior Bach office at 486-0123.

Classic guitarists Craig Bihari and Simeon Hambro on Jan. 20 at 8 p.m.

Bihari, a native of Los Angeles
London and Barrel

via.

Hambro also studied in California and has attended master classes of Oscar Ghilia and Elliot Fisk. He is a recitalist, teacher and transcriber of music of Bach, Scarlatti and Ives for the guitar.

The church is at 2727 College Ave., Berkeley. Donations are requested.

# Science hall offers assembly programs

This winter and spring, the Lawrence Hall of Science esents special assembly programs for schools. These ograms on electricity, molecular chemistry, and astron-ny can accommodate up to 300 students in the Lawrence

omy can accommodate up to 300 students in the Lawrence Hall auditorium.

On Friday, Jan. 27, the program introduces students to electrical wizardry. Arcs of electricity jump from a magic wand and climb a Jacob's ladder, and a Van de Graaff generator literally stands children's hair on end. Demonstrations and slides help students understand the workings of batteries, generators, solar cells, electric cars, and more.

The Magic of Electricity will be presented at 10 a.m. for first- through third-grade students and again at 11:15 a.m. for fourth- through sixth-graders. A follow-up activity worksheet will be available for teachers.

Future assembly programs are Solids, Liquids, and Gases on Feb. 24, and The Colors of the Cosmos on March 16. The Magic of Electricity will be repeated on April 13. Call 642-5134 to make reservations.

### Group aids parents of deceased infants

Of acceased initalits

The loss of an infant is a devastating experience. Often parents who have suffered this loss don't know if their feelings are normal or how long the feelings will last Expressing these thoughts to another person who understands and can be sympathetic can sometimes make it easier to accept all that is happening.

Support After Neonatal Death (SAND) is a group of parents helping others who have experienced the loss of a baby through miscarriage, genetic abortion or stillbirth, or whose infant dies during or after birth. SAND meets twice a month and offers group support, consulting and educational services to parents living in the East Bay.

This free service is provided by Alta Bates Hospital im Berkeley. Beginning Jan. 4, a new meeting schedule will go into effect. The group will meet on the first and third Wednesday of each month at 7 p.m. in Conference Room 2.

For information about SAND, call Janet Kirksey at 540-1507.

### Art classes scheduled

The Richmond Art Center offers 42 classes for the winter quarter, beginning Jan. 14.

Learn printmaking methods in Introduction to Etching, offered four Saturdays beginning Jan. 14. This class, taught by artist Dale Graff is designed to acquaint beginners with basic intaglio techniques: hard and soft ground etching, dry point and acuatint.

Enroll in Block Printing and learn to make linoleum prints without a press. Join Sam Apple's class in Exploring Painting and learn techniques for visualization.

In ceramics, Addie Jenkins will guide students through the simplest pinch pot techniques to the more complex constructed forms. A new beginning weaving class will be taught by Lisa Weg.

For information and registration, call 231-2163. The center is located in Civic Center Plaza.

QUELINE BUCHOLZ



Liquor, Wine & Beer

♦+x Andre Champagne	
Extra Dry, Pink or	189
Cold Duck	
♦+x Champagne	
Chateau Royale — White, Pink or Cold Duck	179
Korhol Champagna	
Brut or Extra Dry	<b>Q79</b>
780 ml	•
<b>◆</b> + <b>±</b> Champagne	F70
Paul Masson — Extra Dry or Rrut 750 ml	5"
Paul Masson — Extra Dry or Brut	
D. J. C. and J. Dhine White	
Chablis or Nectar Vin Rose	199
Chablis or Nectar Vin Rose  Inglancak Navalle Wines	
Chenin Blanc, French Colombard or Zinfandel	200
♦+x Lowenbrau Beer	070
Dark or Light N.R 6 pack 12 oz.	2/8
Ancient Age Bourbon	000
Straight 86 proof1.75 liter	998
♦+¥ Seagram's 7 Crown	
Blended — Whisky 80 Proof	∩98
80 Proof	0
Canadian Mist Whisky Canadian Blended — 80 Proof. 1.75 liter	880
Cutty Sark Scotch 86 proof	688
86 proof	•
80 proof	<b>Q98</b>
80 proof	-
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80 proof	•
Amber or Silver — 80 proof	022
Amaretto Di Saronno	4 4 9
56 proof	140
Down Bailey's Irish Cream 4	285
Original	200
Lieura Marra Available in Northern Californ	o Ctorno



Fruits, Vegetables & Juic	ces
Grapefruit Juice White or Pink-Ocean Spray48 oz.	158
Capri Sun Drinks	
10-pack, Apple, Fruit Punch, Grape, Lemonade or Orange 6.75 oz.	271
<b>Del Monte Drinks</b>	-
Pineapple Grapefruit, Pink Pineapple/ Grapefruit, Pineapple Orange46 oz.	103
Hawaiian Punch Drinks	
Red Punch, Tropical Fruit or Wild Fruit	.95
Hawaiian Punch Drinks  Bed Punch or Tropical Fruit  46 92.	94
Red Punch or Tropical Fruit 46 oz.	.04
Blackeye Peas	
Lady Lee	.59
Orange Juice	1000
Lady Lee — Frozen	97
Lady Lee — Frozen	.31
<b>P</b> + <b>x</b> Limeade Concentrate	46
Minute Maid Frozen 6 oz.	
Fruit Punch Minute Maid — Frozen	
Williate Maid — Flozell	





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Beef Round Steak Boneless Full Cut	189
Beef Rump Roast  Boneless-Bottom Round Roast	198
Top Sirloin Steak Beef Loin-Boneless Ib. Beef Loin T-Bone Steak	269
(Porterhouse Steak lb. 2.79)	
Smoked Ham Sugar Cured, Fully Cooked Whole	119
Smoked Ham Sugar Cured, Fully Cooked Shank Half	119
Smoked Ham Sugar cured, Fully Cooked Butt Portlon	129
Smoked Ham Hygrade or Harvest Brand, Fully Cooked Boneless, Water Added(Approx. 5-8 lb.). lb.	
Smoked Ham Hormel Cure 81, Boneless Fully Cooked (Approx. 3-4 lb.)tb.	316
Smoked Ham Hormel Curemaster, Boneless Fully Cooked (Approx. 1-3 lb.)lb.	328
Turkey Ham Jennie-O, Fully Cooked, Ready to Eat Natural Hickory Smoked	
Fresh, USDA Grade A, Armour Star, Natural-Nothing Added, California Grown (Approx 12-22 lb.) While Quantities Lastib.	



Tomatoes  Medium Size Ideal for Salads	49
Cucumbers Long Green Slicers	
Bell Peppers Thick Meated Stuffing Size	20
Eggplant Purple Beauties	each .39
Celery Hearts Tender Celery Hearts for Stuffing	90

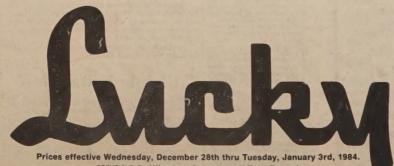
### Fresh Meats

Develope Turkeye	
Boneless Turkeys	420
Shenandoah, USDA Inspected, Self Basting, Frozen (Approx. 3-5 lb.)	100
Frying Chicken	
	62
USDA Grade A, Whole Body, Southern (Cut-Up lb75)	02
Rock Cornish Game Hen	S
USDA Grade A, Frozen 20 oz	129
Fresh Leg of Pork	420
Whole or Shank Half	720
Fresh Leg of Pork	
Dutt Dutter	139
Butt Portion lb.	
Lamb Legs	181114
Genuine Spring Lamb, Product of New	159
Zealand, USDA Inspected, Fresh Frozen. Ib.	
Sliced Bacon	420
Lady Lee Regular or Thick Sliced	129
Slab Bacon	
B 11 Block	457
Victor Brand	
Pork Sausage Links	
F&M Brand, Fresh "A Rare Delicacy"	179
"A Rare Delicacy"	Sec.
Smoked Sausage	000
or Polska Kielbasa Hillshire Farms, Pre-Cooked	500
Chulman Mant	
Shrimp Meat	E76
Cooked & Peeled, Ready to Serve Fresh Frozen	2,0
Ovsters	
	169
Pacific Ocean 8 oz. jar	

No Sales to Dealers No Full Case Sales

### Fresh Produce

Large Size	each .12
Russet Potatoes U.S. No.1 10 lb. Cello Bag	400
Bananas America's favorite fruit	
Tangerines Sweet and Juicy Jumbo Size	39
D'Anjou Pears Buttery Smooth Wonderful Flavor	
Lemons Large Size Fresh for Health	
Avocados California Grown Large Size, Smooth Skin	
"Great Guacamole" Di One Ounce Package	A A





32 oz. 159

.16 oz. .71

.12 oz. 164

pkg. .69

108

Deli
◆★ Sliced Meats Wagonmaster — Beef, Chicken, Corned Beef, Ham, Pastrami or Turkey 2.5 oz
+ Italian Salami
Cheddar Chunk Cheese - Share
Lady Lee Econo — Larger Size 20 oz. or more, R.W.
Chunk Blue Cheese Lady Lee — R.W. Imported from Denmark
Jarisberg Chunk Cheese
Lady Lee — R.W. Imported from Norway
Extra Sharp
Precious Ricotta
Port Wine, Sharp Cheddar or Smokey8 oz. 145
Alouette Cheese French Onlon, Garlic Herb Mild Blue
Or Rouge Et Noir
Brie or Camembert 4 oz.
Soft Cream Cheese Lady Lee8 oz. 107
Bacon/Onion or French
♦+x Lady Lee Dips
Avocado, Hot Avocado Clam
32 oz. 159
Bread &
Cereal
♦+x Crispy Rice Cereal
Lady Lee
Practical Raisin Bran Cereal Lady Lee
Harvest Day Deli Rolls Onion or Sandwich Sesame 12 oz95
English Muffins  Harvest Day — Bran & Honey,  Crushed Wheat, Plain or
Sourdough 12 oz58
Sunshine Crackers
Krispy - Saltine or Unsalted 16 oz 71
Lady Lee — Salted or Unsalted
Sun Glo Snacks
Cheese Puffs, Tortillas - 8 oz.
Cheese Puffs, Tortillas - 8 oz. Taco Tortilla - 9 oz., Corn Chips, Regular Tortilla - 10 oz. pkg.
Cheese Puffs, Tortillas - 8 oz. Taco Tortilla - 9 oz., Com Chips, Regular Tortilla - 10 oz.  Pkg. Potato Chips Lady Lee — Twin Pack B.B.Q., Dip or Plainpkg.

Lady Lee Table Napkins . 139 4' 103 **→** Bathroom Tissue Paper Plates

Household &

Paper Products

100's 143 Duraflame Fire Logs Giant Size — 6 lb. each 187

Health & Beauty Aids

♦+ Vicks Blue Bag 23'8 .88 0.5 oz. 199 Sinex Nasal Spray

\*\* Vicks Vaporub

₱+x Impluse Body S

Foamy Gel